## **Health Benefits of Cabbage**

Planning to serve corned beef for St. Patrick's Day? Don't forget the cabbage!



Fresh, red, and green leafy cabbages are incredibly nutritious and are very low in fat and calories.

Cabbage is a storehouse of phytochemicals and antioxidants which are compounds known to help protect against breast, colon, and prostate cancers and help reduce "bad cholesterol" levels in the blood.

Fresh cabbage is an excellent source of vitamin C. Regular consumption of foods rich in vitamin-C helps the human body to fight infections.

It is also rich in essential B vitamins. The body uses B vitamins to help maintain healthy nails, hair, nervous system, red blood cells, and a healthy mind.

It also contains an adequate amount of minerals like potassium and iron. Potassium is an important component of cell and body fluids that helps controlling heart rate and blood pressure. Iron required for the red blood cell formation.

Cabbage is an excellent source of **vitamin-K**. Vitamin-K helps to keep your bones healthy.

Use cabbage while farm fresh to get its maximum health benefits. However, it can be stored in the refrigerator for few days for later use. Thoroughly cleaned cabbage can be eaten raw and is very nutritious.

- Add sliced or grated fresh leaves to vegetable salad preparations.
- Raw sliced or chopped leaves can be added to vegetable salad preparations.
- Stew or fry cabbage with, onion, garlic, bell pepper, carrots or green chilies as desired, or add to soups as an ingredient.





**ADSS Nutrition Team, Winter FY23**